武 術 · 氣 功

Chinese Kung Fu • Qigong

（中英對照）

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圖解少林擒拿術　Illustrated Shaolin Grappling Kung Fu
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少林洪家流星拳　The Shooting Star Boxing Of the Shao Lin Hung's Pugilism

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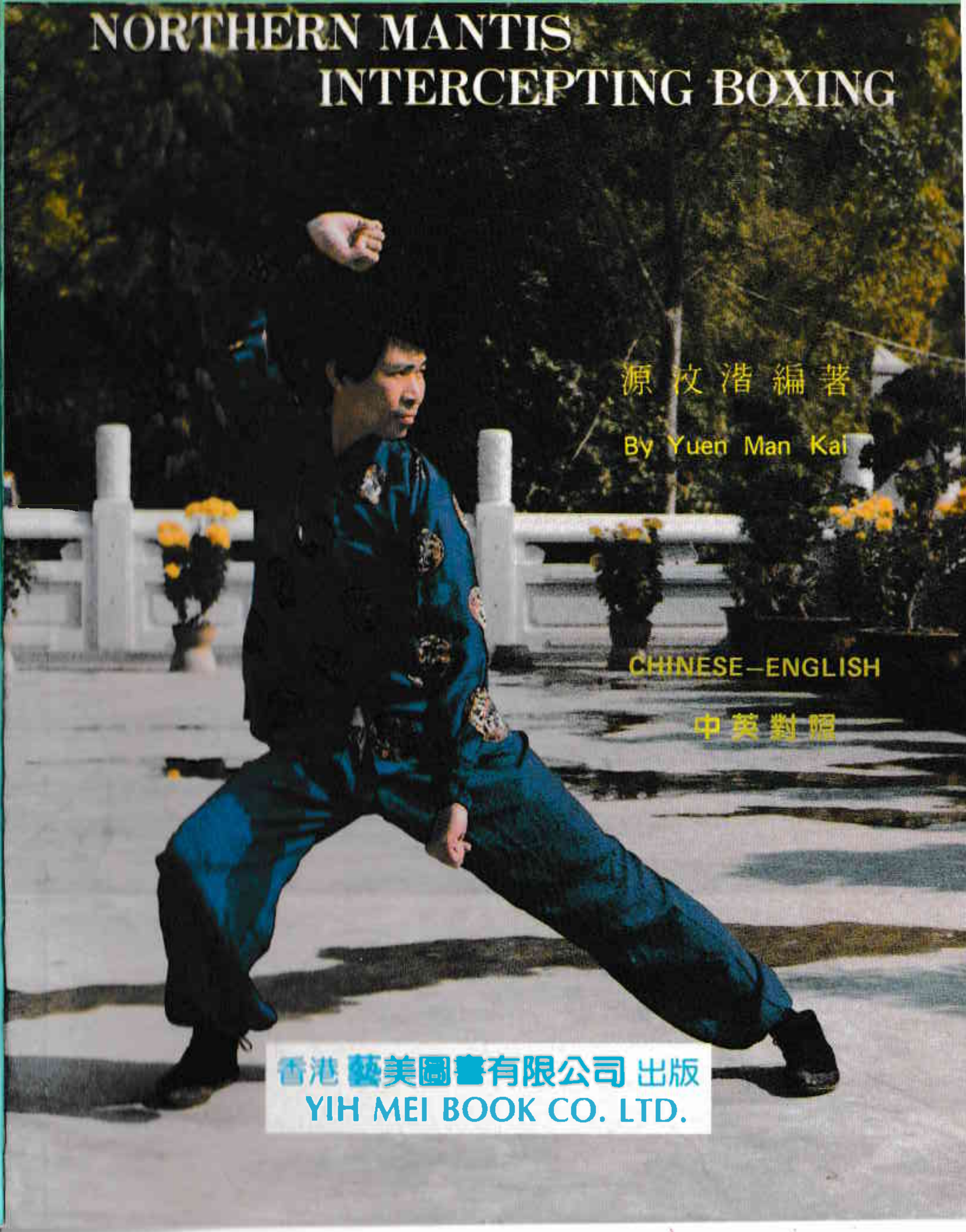
北螳螂攔截拳

NORTHERN MANTIS INTERCEPTING BOXING



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By Yuen Man Kai

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過程中，他得到黃漢勛的精心培育。由於他天資聰穎，兼以勤學過人，經過多年的勤學苦練，終於得其師眞傳，而成爲北螳螂拳派第八代傳人。

源汶湝師傅於一九六五年在港開設北螳螂武術學院，後來曾先後任教於香港石澳村國術會以及尖沙咀青年會中國武術館，桃李滿門。

源師傅於一九七六年，曾應英國蘭開夏白雲功夫館館長哥頓先生邀請，前往英國傳授拳藝，大受哥頓館長及其門徒的歡迎。在此期間，他跟英國拳師交流拳術經驗，使中國武術在國外得到進一步發揚。

在一九八〇年五月底，中國在山西省太原市擧行「全國武術觀摩交流大會」，源師傅是香港代表之一，在會上，他代表香港隊參加表演，演出的是「螳螂出洞」拳，獲得熱烈掌聲，得到了好評。

武德兼修

A Brief History of the Northern Mantis Boxing

The Mantis Boxing (Tang Lang Chuan) was created b Wang Lang, a native of Jimo County of Shandong Provinc at the turn of the Ming Dynasty to the Qing. It has had a lon history amounting to more than three hundred years. It ha spread within a very wide scope. In addition to the norther eastern and central regions of China, it has been popular Hong Kong, Macau and Taiwan and even in Singapore, Vietnar Malaysia, Indonesia and other areas of South East Asia ar propagated even farther to the United Kingdom, U.S.A Canada and other countries.

Originally the Mantis Boxing was created and compile by epitomizing and incorporating the strong points of th boxing arts of the 18 schools in the north of China. It composed of scores of boxing series with their contents varyin with purposes and applications. For example, the Feet-shootin Boxing (Peng Pu Chuan) is a series as an agglomeration of th unique techniques of the Mantis Boxing, where the hands a moved in a terse way and the moves consist of jumps, spring falls and swings. The Drunken Arhat's Boxing comprises th moves in a drunken state, showing themselves as falls, swing turns and tosses. This boxing can only be practised when or is provided with clever skills and steady postures. The Thrustin Boxing (Cha Chui Chuan) is a series suited for the purpose tempering the legs. The Intercepting Boxing (Lan Chieh Chuar is a series incorporating the unique superb techniques of th Mantis Boxing.

The Mantis Boxing has fallen into two schools since ancie times, i.e. the Hard Mantis Boxing and the Soft Mantis Boxin The Seven-Star Mantis Boxing, The Plum-Blossom Mantis Boxin and the Secret-Sect Mantis Boxing fall under the Hard Mant Boxing and consist of swift, violent and powerful movemen while the Six-Combination Mantis Boxing is part of the So

and made himself well-known among the local boxing circles for his martial prowess.

Luo Guang Yu had learnt the Mantis Boxing from Fan Xu Dong since his early youth and was later employed as coach of the Central Jingwu Sports Association in Shanghai. As he surpassed many others in martial arts, he was called one of the "three major boxers of Jingwu" at that time. He had a great number of disciples, one of whom named Ma Cheng Xin, a native of Jiangsu Province, won championship in the bare-handed contest of the Chinese martial arts and became well-known in the martial circles.

The propagation of the Mantis Boxing into Hong Kong also started with Luo Guang Yu who was retained by the person in charge of the Hong Kong Jingwu Association to come to Hong Kong not long after the Shanghai January 28 Incident (of 1932). From then on, the Mantis Boxing was well-developed in Hong Kong. Wong Hon-fan and others were among the disciples Luo Guang Yu taught in Hong Kong who made the best achievements.

Wong Hon-fan was a native of Shunde County of Guangdong Province and served the Hong Kong Jingwu Association as from 1932. In the year when Luo Guang Yu arrived in Hong Kong, Wong joined Luo's disciples. As he learnt and trained hard, he was loved by Great Master Luo Guang Yu and made great progress in his martial arts. When he was 20 years old, he was encouraged by Master Luo to found a martial school in Macau so as to carry forward the Mantis boxing arts. Soon afterwards, he went to Hankou to teach at the branch of the Jingwu Association by order of Master Luo. Not long afterwards when Wuhan fell into the hands of the Japanese invaders, he returned south to Hong Kong.

As he had followed Master Luo for a dozen years, he mastered all of the quintessence of the Northern Mantis Boxing and became the inheritor of the 7th generation of the Northern Mantis Boxing School. He devoted the energies of his lifetime to the development of the Mantis boxing arts. On one hand, he taught a great number of disciples and, on the other hand, he devoted himself to writing the works relating to the Mantis Boxing. He sorted out and published more than 30 books of the Mantis Boxing throughout his

life and therefore made outstanding contributions to the development of the Mantis boxing arts.

Wong Hon-fan had a full house of disciples and Yuen Man Kai has been one of the most outstanding of all. Yuen Man Kai is from a martial family in Heshan County of Guangdong. His mother Auyang Shiu Lit who was a Wushu coach ever passed on the Chinese martial arts in Malaysia and other places and ever taught at the Central Chinese Martial Arts Gymnasium in Nanjing. Yuen Man Kai himself has been fond of the Chinese martial arts since his childhood and he ever benefited a lot in this respect from the directions of a number of seniors of the martial circles. Later he was absorbed in learning the Northern Mantis Boxing from Wong Hon-fan and elaborately fostered by Wong in the course of learning the skills. As he is intelligent-gifted and surpassed many others in learning hard, he managed to master all his master taught him through learning and training hard for many years and has become the eighth inheritor of the Northern Mantis Boxing School.

Master Yuen Man Kai set up the Northern Mantis Martial Art College in Hong Kong in 1965 and later taught in the Chinese martial art association in the Shek Ou Village and the Chinese martial art school of a youth association in Tsim Sha Tsui one after another. Therefore he has had a full house of disciples.

In 1976, Master Yuen Man Kai was invited by Mr. Godon, the headmaster of the White Cloud Kung Fu Gymnasium in Lancashire, England, to teach Chinese boxing skills in England and immensely popular with Mr. Godon and his disciples. During this period, he exchanged boxing experience with the British boxers and further developed the Chinese martial arts abroad.

At the end of May of 1980, China held the National Martial Art Emulation and Exchange Meet in the city of Taiyuan of Shanxi Province and Master Yuen was one of the players from Hong Kong. At that meet, he participated in the performance on behalf of the Hong Kong team. He gave a play of the boxing of "a Mantis Coming Out of the Hole" which won warm applaude and was well received.

The Explanation of the Intercepting Boxing

The Mantis Boxing is a famous school in the field of Chinese martial arts. It is a boxing art composed of both long and short moves with firmness and gentleness complementing each other and stress laid on the handwork of hand-to-hand fights. This school of boxing arts has a strong sense of attack, so it makes great particularity about forces and strength. Therefore, it is also a rather all-round boxing art.

The Intercepting Boxing is one of the higher-grade series of the Northern Mantis school.

The series of the Mantis Boxing are compact and well-knit with all movements closely linked with one another. This school is especially good at the application of handwork and footwork with the upper and lower parts of the body closely coordinated with each other and their postures being skilful and effective. "The seven long and eight short moves" and "the rushes in all directions" are all important techniques of the Mantis Boxing for attack and defence.

So far as its legwork is concerned, "seizing with one leg" is a unique technique of the Mantis Boxing. This leg-moving technique is effected simultaneously with the attack or defence with both arms. It is a technique conducted by a few stages in consideration of various conditions in case of hitting or missing and therefore one of the basic skills of the Mantis Boxing.

The handwork of the Mantis Boxing is extremely compact and swift. It is required to start the postures in succession and attack at the same time when the opponent is attacking. When the first rush of the fist misses, the second and third rushes will not be prevented from being made. The fists are shot out continuously like a machine gun shooting so as to make the opponent feel difficult to cope with them.

The Northern Mantis Boxing manifests its styles in briskness and swiftness, orderly and measured advances and retreats,

coherent shuttles, flexible skills and light and natural movements up and down. In the course of the exercise in any series of the school, the movements are very rhythmical with the fists rushed out with cracks and the feet moved with thumps, the upper and lower limbs working in concert, which sometimes engenders a feeling of blowing wind and rolling thunder and displays a tremendous momentum. In the course of the exercise, a highly skilled exercise-doer can show a sense of beauty beyond description.

As the Mantis Boxing has been created and compiled by absorbing the strong points of the boxing arts of the 18 schools in the north of China, it has comprehensive techniques for attack and defence and therefore takes the greatest effect in real fights. This was why there were the following sayings in the past: e.g. "even immortals fail to dodge the attacks of the person who applies the Feet-shooting Boxing and the Eight Elbow Moves in succession" and "even spirits fail to escape the attacks of the person who applies the Intercepting Boxing and the Main-picking Boxing in succession". This is to say, the application of the four series of the Mantis Boxing, i.e. the Feet-shooting Boxing, the Eight Elbow Moves, the Intercepting Boxing and the Main-picking Boxing, can defeat and subdue any immortals or spirits whatsoever. In fact the Mantis Boxing has been continuing to become prevalent and enlarge its influence for several hundred years since its founding due to its unique styles and high practical values.

The Intercepting Boxing introduced in this book is also known as Lan Chieh Chuan which is a rather senior series. It is composed of moderate postures which are neither long nor short. Its movements involve the upper, middle and lower parts of the body with rapid and proper frequencies. In practising this boxing, the most difficult parts lie in the two postures of "Revolving the Left Hand and Kicking with the Left Foot" and "Springing Forward and Smashing the Right Fist Down", because the hand and the foot must be forcefully moved out at the same time. It is also required to make these postures neatly and clearly with a clear distinction between firmness and gentleness. In the exercise, meanwhile, it is imperative to show an imposing manner and complete the postures at one go. Only so can the unique styles of the Mantis Boxing be demon-

strated and brought into play.

To sum up, the Intercepting Boxing has not so many postures, but they are complicated with the upper, middle and lower parts of the body involved. For this reason, those who practise the boxing arts of this series must spend appropriate time and make painstaking effort to temper themselves and explore the principle so as to have a real understanding of what is behind the boxing for the purpose of achieving success. Therefore the beginners who are fond of Chinese martial arts must persist unremittingly in the training in it. Only by doing so is there hope of a real mastery of it.

The Intercepting Boxing is only composed of 36 postures. All the postures in this book are personally demonstrated by Master Yuen Man Kai.

攔截拳拳譜

一 四平雙蓄勢	二 騎馬式挑掌	三 七星右劈掌
四 左右雙刁手	五 入環雙屯掌	六 肘底左看爪
七 肘底右看爪	八 七星前後掌	九 肘底左看爪
十 肘底右看爪	十一 入環右撞爪	十二 七星前後爪
十三 入環雙屯掌	十四 登山左插掌	十五 登山右補捶
十六 出羣右蹬腿	十七 跌勢右疊肘	十八 七星雙擊掌
十九 進式反衝爪	二十 肘底左看爪	廿一 肘底右看爪
廿二 走步左措捶	廿三 走步右措捶	廿四 馬式反捕蟬
廿五 左圈左蹬腿	廿六 登山左崩捶	廿七 七星左刁手
廿八 七星右補捶	廿九 縱跳右劈軋	三十 縱跳雙封手
卅一 繞掌右滾膀	卅二 入環右滾膀	卅三 入環左滾膀
卅四 入環右滾膀	卅五 騎馬式挑掌	卅六 雙覆掌收式

The Canon of the Northern Mantis Intercepting Boxing

1. *Standing Upright and Making Both Fists Ready to Rush*
2. *Squatting Half Down as if Riding a Horse and Picking Both Palms Up in Turn*
3. *Squatting with the Tip of the Front Foot Raised and Smashing the Right Palm Down*
4. *Drawing Both the Left and Right Claw-shaped Hands Back*
5. *Kneeling Down on One Knee and Pushing Both Palms Out*
6. *Looking at the Left Claw-shaped Hand by Way of the Underside of the Elbow*
7. *Looking at the Right Claw-shaped Hand by Way of the Underside of the Elbow*
8. *Squatting with the Tip of the Front Foot Raised and Moving the Palms Forward and Backward*
9. *Looking at the Left Claw-shaped Hand by Way of the Underside of the Elbow*
10. *Looking at the Right Claw-shaped Hand by Way of the Underside of the Elbow*
11. *Kneeling Down on One Knee and Rushing the Right Claw-shaped Hand Out*
12. *Squatting with the Tip of the Front Foot Raised and Moving the Claw-shaped Hands Forward and Backward*
13. *Kneeling Down on One Knee and Pushing Both Palms Out*
14. *Bowing One Leg Forward and Thrusting the Left Palm Out*
15. *Bowing One Leg Forward and Rushing the Right Fist against the Left Palm*
16. *Smashing Both Fists Out and Kicking with the Right Foot*
17. *Dropping the Foot to Bow One Leg Forward and Attaching the Left Palm to the Right Elbow*
18. *Squatting with the Tip of the Front Foot Raised and Clapping the Palms against Each Other*
19. *Making a Forward-moving Posture and Rushing One Claw-shaped Hand Out*

20. *Looking at the Left Claw-shaped Hand by Way of the Underside of the Elbow*
21. *Looking at the Right Claw-shaped Hand by Way of the Underside of the Elbow*
22. *Moving the Feet Forward and Thrusting the Left Fist Down*
23. *Moving the Feet Forward and Thrusting the Right Fist Down*
24. *Squatting Half Down as if Riding a Horse and Moving Both Hands as if to Catch a Cicada*
25. *Revolving the Left Hand and Kicking with the Left Foot*
26. *Bowing One Leg Forward and Snapping the Left Fist Out*
27. *Squatting with the Tip of the Front Foot Raised and Moving the Left Claw-shaped Hand Out*
28. *Squatting with the Tip of the Front Foot Raised and Rushing the Right Fist against the Left Palm*
29. *Springing Forward and Smashing the Right Fist Down*
30. *Standing on Only One Leg and Blocking the Attack with Both Hands*
31. *Revolving One Palm and Sweeping the Right Arm Out with the Left Hand*
32. *Kneeling Down on One Knee and Sweeping the Right Arm Out with the Left Hand*
33. *Kneeling Down on One Knee and Sweeping the Left Arm Out with the Right Hand*
34. *Kneeling Down on One Knee and Sweeping the Right Arm Out with the Left Hand*
35. *Squatting Half Down as if Riding a Horse and Picking Both Palms Up in Turn*
36. *Turning Both Palms Downward and Concluding the Series*

攔截拳圖解

Illustrations of the Intercepting Boxing

第一式　四平雙蓄勢

動作說明：身形直立，面向右方，雙足合併，雙手握拳放於腰旁，雙肘朝向身後，目注右方，如圖１。

Posture 1 – Standing Upright and Making Both Fists Ready to Rush

Movements: Stand upright, facing the right and bringing both feet together. Clench both fists, place them at the sides of the waist and direct both elbows towards behind the body, looking to the right, as in Fig. 1.

圖　1

Fig. 1.

第二式　騎馬式挑掌（一）

動作說明：承上式，右足向後方橫開一步，雙膝下曲，身形下沉成騎馬式，雙拳仍放腰旁，目注右方，如圖２Ａ。

Posture 2 – Squatting Half Down as if Riding a Horse and Picking Both Palms Up in Turn (1)

Movements: Following the preceding posture, move the right foot a step transversely to the backside, bend both knees and sink the body to squat half down as if riding a horse. Keep both fists at the sides of the waist, looking to the right, as in Fig. 2A.

圖　2A

Fig. 2A.

第二式　騎馬式挑掌（二）

動作說明：承上勢，雙足不動，仍成騎馬式，右手化拳成掌，由腰旁向右上方挑出，掌尖向上，右臂前伸，目注右掌，如圖 2 B。

Posture 2 — Squatting Half Down as if Riding a Horse and Picking Both Palms Up in Turn (2)

Movements: Following the preceding step, keeping both feet still and squatting half down as if riding a horse, unclench the right fist into a flat palm, pick it out from the side of the waist to the upper right with its fingertips pointing upward and stretch the right arm forward, looking at the right palm, as in Fig. 2B.

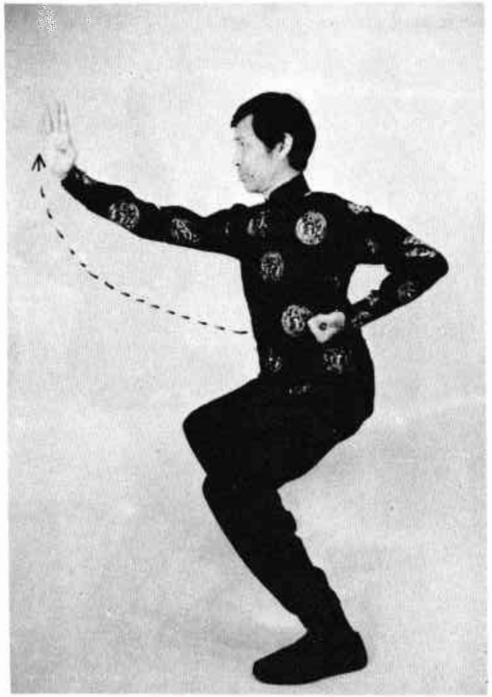


圖　2B
Fig. 2B.

第二式　騎馬式挑掌（三）

動作說明：承上勢，雙足不動，仍成騎馬式，右掌下沉回收胸前，沉肘成豎掌勢，左手化拳成掌，由腰旁向右上方挑出，掌尖向上，左臂前伸，目注左掌，如圖 2 C。

Posture 2 — Squatting Half Down as if Riding a Horse and Picking Both Palms Up in Turn (3)

Movements: Following the preceding step, keeping both feet still and squatting half down as if riding a horse, sink the right palm, draw it back to front of the chest and sink the elbow to make the palm upright; unclench the left fist into a flat palm, pick it out from the side of the waist to the upper right with its fingertips pointing upward and stretch the left arm forward, looking at the left palm, as in Fig. 2C.

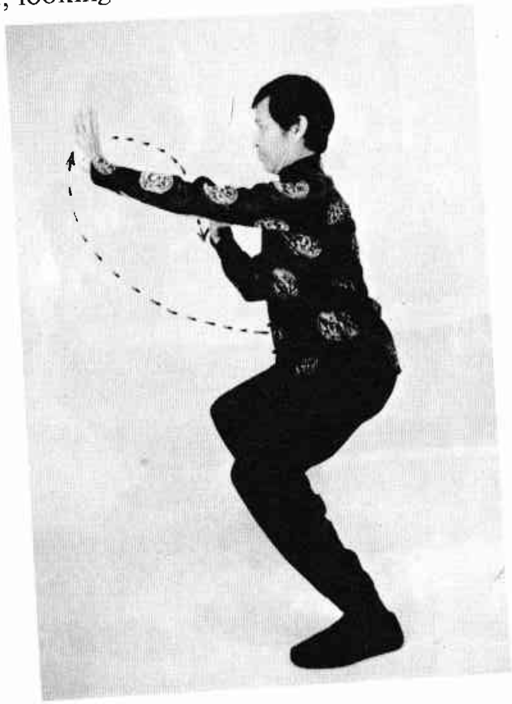


圖　2C
Fig. 2C.

第二式　騎馬式挑掌（四）

動作說明：承上勢，雙足不動，仍成騎馬式，左掌下沉回收胸前，沉肘成豎掌勢，右掌由胸前向右上方挑出，掌尖向上，右臂前伸。目注右掌。如圖 2 D。

Posture 2 — Squatting Half Down as if Riding a Horse and Picking Both Palms Up in Turn (4)

Movements: Following the preceding step, keeping both feet still and squatting half down as if riding a horse, sink the left palm, draw it back to front of the chest and sink the elbow to make the palm upright; pick the right palm out from front of the chest to the upper right with its fingertips pointing upward and stretch the right arm, looking at the right palm, as in Fig. 2D.

圖 2 D
Fig. 2D.

第三式　七星右劈掌（一）

動作說明：承上式，左足在原位不動，右足向右方進上一步，脚跟着地，脚尖翹起成七星式，右掌不動，左掌由胸前穿放右肘底。目注右掌，如圖 3 A。

Posture 3 — Squatting with the Tip of the Front Foot Raised and Smashing the Right Palm Down (1)

Movements: Following the preceding posture, keep the left foot in the original position, move the right one a step forward to the right and touch the ground with the heel by raising the tip of the foot. Keeping the right palm still, thread the left one out from front of the chest and place it under the right elbow, looking at the right palm, as in Fig. 3A.

圖 3A
Fig. 3A.

第三式　七星右劈掌（二）

動作說明： 承上勢，雙足不動，仍成七星式，右掌回收右腦旁，左掌向右方穿出，左臂直伸成竪掌勢，目注左掌，如圖 3 B。

Posture 3 — Squatting with the Tip of the Front Foot Raised and Smashing the Right Palm Down (2)

Movements: Following the preceding step, keeping both feet still and standing with the tip of the front foot raised, draw the right palm to the right side of the brain, thread the left one out to the right and stretch the left arm to make the palm upright, looking at the left palm, as in Fig. 3B.

圖　3B
Fig. 3B.

第三式　七星右劈掌（三）

動作說明： 承上勢，左掌曲肘回收，成竪掌勢，右掌向右方劈落，右臂直伸，目注右掌，如圖 3 C。

Posture 3 — Squatting with the Tip of the Front Foot Raised and Smashing the Right Palm Down (3)

Movements: Following the preceding step, draw the left palm back with the elbow bent and make it upright; smash the right palm down to the right and stretch the right arm, looking at the right palm, as in Fig. 3C.

圖　3C
Fig. 3C.

第四式　左右雙刁手

動作說明：承上式，雙足不動，仍成七星式，雙手化掌成刁手，分向左右兩肩上方回收，曲肘，目注右方，如圖 4 。

Posture 4 – Drawing Both the Left and Right Claw-shaped Hands Back

Movements: Following the preceding posture, keeping both feet still and standing with the tip of the front foot raised, change both palms into the shape of trifurcate claws like those of a cock and draw them back seperately to above both shoulders with the elbows bent, looking to the right, as in Fig. 4.

圖　4
Fig. 4.

第五式　入環雙屯掌

動作說明：承上式，右足掌落回地面，曲膝，左膝下跪，左足尖着地，左足跟翹起成入環式，雙手化刁手成掌，由兩肩上方同時向右方平肩推出，目注雙掌，如圖 5 。

Posture 5 – Kneeling Down on One Knee and Pushing Both Palms Out

Movements: Following the preceding posture, drop the right sole back on the ground and bend the knee; kneel down on the left knee and touch the ground with the tip of the left foot by raising the heel. Change both claw-shaped hands into flat palms and push them simultaneously out at the level of the shoulders from above the shoulders to the right, looking at both palms, as in Fig. 5.

圖　5
Fig. 5.

第六式　肘底左看爪

動作說明： 承上式，身形浮起，右膝下曲，左足向右方進上一步，脚跟着地，脚尖翹起，成七星式，雙手化掌成刁手，右刁手回收胸前，左刁手回收再由內向外成一小圈向右上方刁出，目注右方，如圖 6 。

Posture 6 — Looking at the Left Claw-shaped Hand by Way of the Underside of the Elbow

Movements: Following the preceding posture, raise the body and bend the right knee; move the left foot a step forward to the right and touch the ground with the heel by raising the tip of the foot. Change both palms into claw-shaped hands, draw the right one back to front of the chest, draw the left one back, revolve it outward in a small circle from inside and slide it out to the upper right, looking to the right, as in Fig. 6.

圖 6
Fig. 6.

第七式　肘底右看爪

動作說明： 承上式，左足掌落回地面時乘勢向前方擺出，右足向右方進上一步，足跟着地，足尖翹起成七星式，左刁手回收胸前，右刁手由胸前成弧形向右上方刁出，目注右方，如圖 7 。

Posture 7 — Looking at the Right Claw-shaped Hand by Way of the Underside of the Elbow

Movements: Following the preceding posture, drop the left sole back on the ground and swing it out to the front with the momentum; move the right foot a step forward to the right and touch the ground with the heel by raising the tip of the foot. Draw the left claw-shaped hand to front of the chest and slide the right one out in an arc from front of the chest to the upper right, looking to the right, as in Fig. 7.

圖 7
Fig. 7.

第八式　七星前後掌

動作說明：承上式，右足掌落回地面時乘勢向後方擺入，左足向右方進上一步，足跟着地，足尖翹起成七星式，雙手化刁手成掌，右掌反掌回收右腦旁，左掌由胸前向右上方擊出，目注左掌，如圖8。

Posture 8 — Squatting with the Tip of the Front Foot Raised and Moving the Palms Forward and Backward

Movements: Following the preceding posture, drop the right sole back on the ground and swing it in to the backside with the momentum; move the left foot a step forward to the right and touch the ground with the heel by raising the tip of the foot. Change both claw-shaped hands into flat palms, turn the right one over, draw it back to the right side of the brain and rush the left one out from front of th chest to the upper right, looking at the left palm, as in Fig. 8.

圖　8
Fig. 8.

第九式　肘底左看爪

動作說明：承上式，雙足不動，仍成七星式，雙手化掌成刁手，右刁手回收胸前，左刁手回收再由內向外成一小圈向右上方刁出，目注右方，如圖9。

Posture 9 — Looking at the Left Claw-shaped Hand by Way of the Underside of the Elbow

Movements: Following the preceding posture, keeping both feet still and squatting with the tip of the front foot raised, change both palms into claw-shaped hands, draw the right one back to front of the chest, draw the left one back, revolve it outward in a small circle from inside and slide it out to the upper right, as in Fig. 9.

圖　9
Fig. 9.

第十式　肘底右看爪

動作說明：承上式，左足掌落回地面時乘勢向前方擺出，右足向右方進上一步，足跟着地，足尖翹起成七星式，左刁手回收胸前，右刁手由胸前成弧形向右上方刁出，目注右方，如圖10。

Posture 10 — Looking at the Right Claw-shaped Hand by Way of the Underside of the Elbow

Movements: Following the preceding posture, drop the left sole back on the ground and swing it out to the front with the momentum; move the right foot a step forward to the right and touch the ground with the heel by raising the tip of the foot. Draw the left claw-shaped hand back to front of the chest and slide the right one out in an arc from front of the chest to the upper right, looking to the right, as in Fig. 10.

圖　10
Fig. 10.

第十一式　入環右撞爪（一）

動作說明：承上式，身形由右方經前方轉向左方，雙足尖隨之轉向左方，左膝下曲，右膝下跪，右足尖着地，右足跟翹起成入環式之預備勢。右刁手由上向身後下方刁落，左手化刁手成掌，由下向上穿起再向左方擊出，目注左掌，如圖11A。

Posture 11 — Kneeling Down on One Knee and Rushing the Right Claw-shaped Hand Out (1)

Movements: Following the preceding posture, turn the body from the right via the front to the left and turn the tips of both feet accordingly to the left; bend the left knee, kneel down on the right one and touch the ground with the tip of the right foot by raising the heel. Slide the right claw-shaped hand from above to the lower backside of the body, turn the left one into a flat palm, thread it up from below and rush it out to the left, looking at the left palm, as in Fig. 11A.

圖　11A
Fig. 11A.

第十一式　入環右撞爪（二）

動作說明：承上勢，身形下沉，雙足不動成入環式，左掌沉肘回收豎放胸前，右刁手由身後向左下方刁出，目注左方，如圖11B。

Posture 11 — Kneeling Down on One Knee and Rushing the Right Claw-shaped Hand Out (2)

Movements: Following the preceding step, sink the body, keeping the gestures of both feet unchanged. Sink the left elbow to draw the palm back, place it upright in front of the chest and rush the right claw-shaped hand from behind the body to the lower left, looking to the left, as in Fig. 11B.

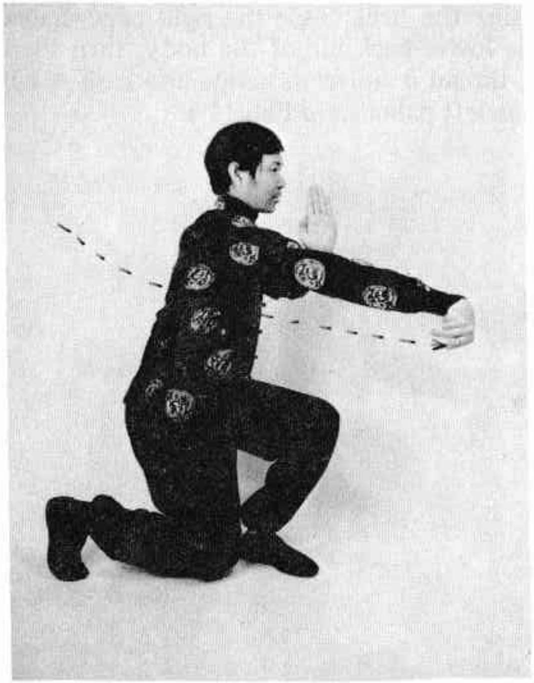


圖　11B
Fig. 11B.

第十二式　七星前後爪

動作說明：承上式，身形浮起，右足跟落回地面時乘勢擺向後方，右膝下曲，左足略前伸，足跟着地，足尖翹起成七星式，右刁手曲肘回收右前方，左手化掌成刁手，曲肘向左後方刁出，目注左刁手，如圖12。

Posture 12 — Squatting with the Tip of the Front Foot Raised and Moving the Claw-shaped Hands Forward and Backward

Movements: Following the preceding posture, raise the body. Drop the right heel back on the ground, swing the foot to the backside with the momentum and bend the right knee; stretch the left foot slightly forward and touch the ground with the heel by raising the tip of the foot. Draw the right claw-shaped hand back to the right front with the elbow bent; change the left palm into a claw-shaped hand and slide it out to the left backside with the elbow bent, looking at the left claw-shaped hand, as in Fig. 12.

圖　12
Fig. 12.

第十三式　入環雙屯掌（一）

動作說明：承上式，左足落回地面，左膝下曲，右足尖着地，足跟翹起，右膝下跪成入環式之預備勢。雙手化刁手成掌，五指分開，曲肘回收兩肩前，目注左方，如圖13A。

Posture 13 — Kneeling Down on One Knee and Pushing Both Palms Out (1)

Movements: Following the preceding posture, drop the left sole back on the ground and bend the left knee; touch the ground with the tip of the right foot by raising the heel and kneel down on the right knee. Change both claw-shaped hands into flat palms, part the five fingers of each hand and draw them back to front of both shoulders, looking to the left, as in Fig. 13A.

圖 13A
Fig. 13A.

第十三式　入環雙屯掌（二）

動作說明：承上勢，身形下沉，雙足不動成入環式，雙手五指合併成掌由兩肩上方平肩同時向左方推出，目注雙掌，如圖13B。

Posture 13 — Kneeling Down on One Knee and Pushing Both Palms Out (2)

Movements: Following the preceding step, sink the body, keeping the gesture of both feet unchanged. Bring the five fingers of each hand together into a palm and push both palms simultaneously out at the level of the shoulders from above the shoulders to the left, looking at both palms, as in Fig. 13B.

圖 13B
Fig. 13B.

第十四式　登山左插掌（一）

動作說明：承上式，身形浮起，右足回收左足旁，右手化掌成拳，回收腰旁，左掌沉肘回收胸腹前，目注左方，如圖14A。

Posture 14 — Bowing One Leg Forward and Thrusting the Left Palm Out (1)

Movements: Following the preceding posture, raise the body and draw the right foot back to the side of the left one. Clench the right fist, draw it back to the side of the waist and sink the left elbow to draw the palm back to the front between the chest and the abdomen, looking to the left, as in Fig. 14A.

圖 14 A

Fig. 14A.

第十四式　登山左插掌（二）

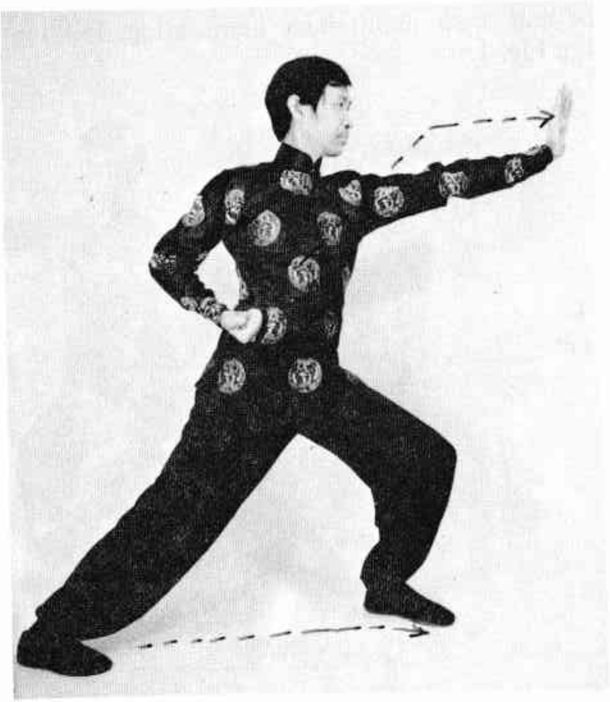
動作說明：承上勢，左足向左方進上一步，左膝下曲，右腿蹬直成登山式，右拳仍放腰旁，左掌提升肩前然後平肩向左方衝出，目注左掌，如圖14B。

Posture 14 — Bowing One Leg Forward and Thrusting the Left Palm Out (2)

Movements: Following the preceding step, move the left foot a step forward to the left and bend the left knee; stretch the right leg to bow the left one forward. Keeping the right fist at the side of the waist, lift the left palm up to front of the shoulder then rush it out to the left at the level of the shoulders, looking at the left palm, as in Fig. 14B.

圖 14B

Fig. 14B.



第十五式　登山右補捶

動作說明：承上式，右足向左後方進上一步，右膝下曲，左腿蹬直成登山式，左掌沉肘豎放回收胸前，右拳以直統捶由腰旁向左後方平肩衝出，至半途時與左掌相擊，「噼啪」一響成補捶，目注右拳，如圖15。

Posture 15 – Bowing One Leg Forward and Rushing the Right Fist against the Left Palm

Movements: Following the preceding posture, move the right foot a step forward to the left backside and bend the right knee; stretch the left leg to bow the right one forward. Sink the left elbow to make the palm upright and draw it back to front of the chest; rush the right fist facing straight forward from the side of the waist to the left backside at the level of the shoulders and strike it midway against the left palm to make a crack and a supplementary hammering, looking at the right fist, as in Fig. 15.

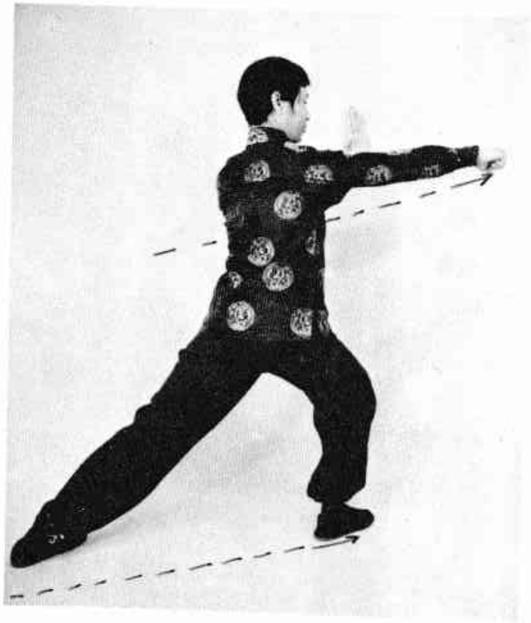


圖　15

Fig. 15

第十六式　出羣右蹬腿（一）

動作說明：承上式，雙足不動，仍成登山式，左掌不動，右手化拳成扣手翻腕由內向外扣出，右臂直伸，目注右手，如圖16A。

Posture 16 – Smashing Both Fists Out and Kicking with the Right Foot (1)

Movements: Following the preceding posture, keeping both feet still and bowing the right leg forward, keep the left palm still, change the right fist into a smashing hand, turn the wrist out from inside and smash the hand out with the arm straightened, looking at the right smashing hand, as in Fig. 16A.

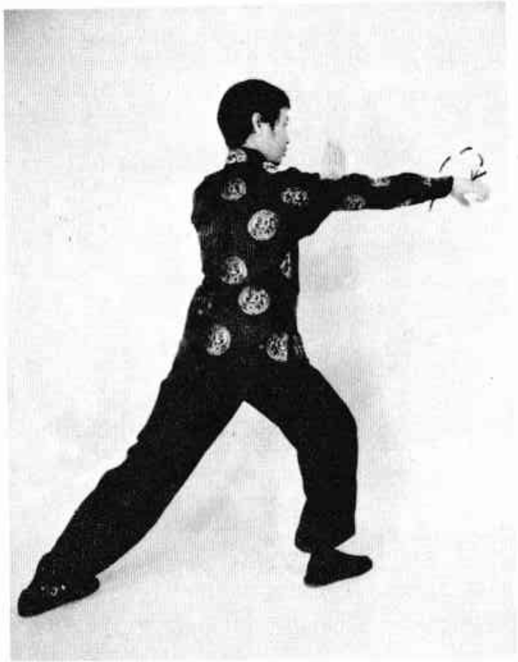


圖　16A

Fig. 16A.

第十六式　出拳右蹬腿（二）

動作說明：承上式，右足在原位不動，左足向左下方踢起，雙手動作不變，目注右扣手，如圖16B。

Posture 16 — Smashing Both Fists Out and Kicking with the Right Foot (2)

Movements: Following the preceding step, keep the right foot in the original position and snap the left one up to the lower left. Keep the gestures of both hands unchanged, looking at the right smashing hand, as in Fig. 16B.

圖 16B
Fig. 16B.

第十六式　出拳右蹬腿（三）

動作說明：承上式，左足落回地面，右足提起再向左方直蹬而出，左手化掌成拳，與蹬腿勢同時向左方衝出，右扣手成拳回收右耳旁，肘尖朝向身後，目注左拳，如圖16C。

Posture 16 — Smashing Both Fists Out and Kicking with the Right Foot (3)

Movements: Following the preceding step, drop the left foot back on the ground, lift the right one out and kick straight out again with the sole to the left. Clench the left fist and rush it out to the left at the same time with the foot kicking; clench the right fist and draw it back to the side of the right ear with the tip of the elbow pointing to behind the body, looking at the left fist, as in Fig. 16C.

圖 16C
Fig. 16C.

第十七式　跌勢右疊肘

動作說明：承上式，右足落回地面放於左足前，左足隨之向左後方進上一步，左膝下曲，右腿蹬直成登山式，右拳貼於肩前，以肘尖由身後向左後方橫掃，左手化拳成掌，貼於右肘而成疊肘勢，目注右肘尖，如圖17。

Posture 17 — Dropping the Foot to Bow One Leg Forward and Attaching the Left Palm to the Right Elbow

Movements: Following the preceding posture, drop the right foot back on the ground, place it in front of the left one, move the left one a step forward accordingly to the left back-side, bend the left knee and stretch the right leg to bow the left one forward. Put the right fist close to the front of the shoulder and sweep the tip of the elbow transversely from behind the body to the left backside; unclench the left fist into a flat palm and put it close to the right elbow, looking at the tip of the right elbow, as in Fig. 17.

圖　17
Fig. 17.

第十八式　七星雙擊掌

動作說明：承上式，左足在原位不動，左膝下曲，右足向左方進上一步，足跟着地，足尖翹起成七星式，雙手成掌，五指微分，左掌前舉面前，右掌由左肩前一圈回收以掌背擊於左掌心，目注雙掌，如圖18。

Posture 18 — Squatting with the Tip of the Front Foot Raised and Clapping the Palms against Each Other

Movements: Following the preceding posture, keep the left foot in the original position and bend the left knee; move the right foot a step forward to the left and touch the ground with the heel by raising the tip of the foot. Change both hands into flat palms with the five fingers of each hand slightly parted, hold the left one up in front of the face, revolve the right one in a circle from front of the left shoulder, draw it back and clap its back against the hollow of the left one, looking at both palms, as in Fig. 18.

圖　18
Fig. 18.

第十九式　進式反衝爪

動作說明：承上式，雙足不動，仍成七星式，左掌沉肘豎放胸前，右手化掌成刁手，向左方平肩衝出，目注右刁手，如圖19。

Posture 19 — Making a Forward-moving Posture and Rushing One Claw-shaped Hand Out

Movements: Following the preceding posture, keep both feet still, squatting with the tip of the front foot raised. Sink the left elbow to place the palm upright in front of the chest; change the right palm into a claw-shaped hand and rush it out to the left at the level of the shoulders, looking at the right claw-shaped hand, as in Fig. 19.

圖 19

Fig. 19.

第二十式　肘底左看爪

動作說明：承上式，雙足尖擺向右方，身形隨之由左方經
向右方，右膝下曲，左足跟着地，足尖翹起成七星式，右刁手
前，左手化掌成刁手，由胸前成弧形向右上方刁出，目注右方，
20。

Posture 20 — Looking at the Left Claw-shaped Hand by Wa of the Underside of the Elbow

Movements: Following the preceding posture, swing tips of both feet to the right, turn the body accordingly f the left via the backside to the right, bend the right knee touch the ground with the left heel by raising the tip of foot. Draw the right claw-shaped hand back to front of the ch change the left palm into a claw-shaped hand and slide it in an arc from front of the chest to the upper right, look to the right, as in Fig. 20.

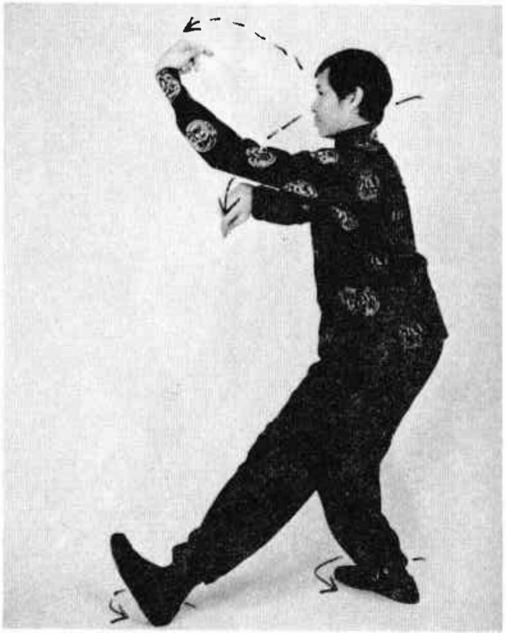


圖 20

Fig. 20.

第二十一式　肘底右看爪

動作說明：承上式，左足掌落回地面時乘勢向前方擺出，右足向右方進上一步，足跟着地，足尖翹起成七星式，左刁手回收胸前，右刁手由胸前成弧形向右上方刁出，目注右方，如圖21。

Posture 21 — Looking at the Right Claw-shaped Hand by Way of the Underside of the Elbow

Movements: Following the preceding posture, drop the left sole back on the ground and swing it out to the front with the momentum; move the right foot a step forward to the right and touch the ground with the heel by raising the tip of the foot. Draw the left claw-shaped hand back to front of the chest and slide the right one out in an arc from front of the chest to the upper right, looking to the right, as in Fig. 21.

圖　21

Fig. 21.

第二十二式　走步左措捶（一

動作說明：承上式，雙足不動，仍成七星式。左
回收腰旁，右刁手直臂平伸然後化刁手成扣手，由內
目注右扣手，如圖22A。

Posture 22 — Moving the Feet Forward and T the Left Fist Down (1)

Movements: Following the preceding posture,
feet still and squatting with the tip of the front
clench the left fist and draw it back to the side
stretch it out levelly with the arm straightened,
into a smashing hand, turn the wrist out from insi
the hand out, looking at the right smashing hand, as

圖　22A

Fig. 22A.

第二十二式　走步左措捶（二）

動作說明：承上勢，右足向右方進上半步，左足隨之進上半步，仍成七星式，左拳由腰旁提至肩前再向右下方插落，右扣手成拳向腰前下方拉回，目注左拳，如圖22B。

Posture 22 — Moving the Feet Forward and Thrusting the Left Fist Down (2)

Movements: Following the preceding step, move the right foot half a step to the right, move the left one half a step forward accordingly and touch the ground with the right heel by raising the tip of the foot. Lift the left fist up from the side of the waist to front of the shoulder, thrust it down to the lower right, clench the right fist and pull it back to the lower front of the waist, looking at the left fist, as in Fig. 22B.

圖　22B
Fig. 22B.

第二十三式　走步右措捶

動作說明：承上式，右足向右方進上半步，左足隨之進上半步，仍成七星式，右拳由腰前下方提至肩前再向右下方插落，左拳翻腕向腰前下方拉回，目注右拳，如圖23。

Posture 23 — Moving the Feet Forward and Thrusting the Right Fist Down

Movements: Following the preceding posture, move the right foot half a step forward to the right, move the left one half a step forward accordingly and touch the ground with the right heel by raising the tip of the foot. Lift the right fist up from the lower front of the waist to front of the shoulder, thrust it down to the lower right, turn the left wrist and pull the fist back to the lower front of the waist, looking at the right fist, as in Fig. 23.

圖　23
Fig. 23.

第二十四式　馬式反捕蟬（一）

動作說明：承上式，雙足尖擺向前方，身形隨之轉向前方，雙膝下曲，身形下沉成騎馬式，右手化拳爲掌，由右下方經身前向左肩前上方穿上再略下撲，左手化拳成掌，五指張開，由右下方經身前向左上方提升再劃一小圈向前方撥落，目注右掌，如圖24A。

Posture 24 — Squatting Half Down as if Riding a Horse and Moving Both Hands as if to Catch a Cicada (1)

Movements: Following the preceding posture, swing the tips of both feet to the front and turn the body accordingly to the front; bend both knees and sink the body to squat half down as if riding a horse. Unclench the right fist into a flat palm, thread it up from the lower right via front of the body to the upper front of the left shoulder and throw it slightly down; unclench the left fist into a flat palm, part the five fingers, lift it up from the lower right via front of the body to the upper left, revolve it in a small circle and turn it down to the front, looking at the right palm, as in Fig. 24A.

圖　24A
Fig. 24A.

第二十四式　馬式反捕蟬（二）

動作說明：承上勢，雙足不動，仍成騎馬式，雙手化掌成
右刁手曲肘回收左肩前，左刁手向左方平肩刁出，目注左刁手，
24B。

Posture 24 — Squatting Half Down as if Riding a Horse and Moving Both Hands as if to Catch a Cicada (2)

Movements: Following the preceding step, keeping b
feet still and squatting half down as if riding a horse, cha
both palms into claw-shaped hands, draw the right one b
to front of the left shoulder with the elbow bent and slide
left one out to the left at the level of the shoulders, lool
at the left claw-shaped hand, as in Fig. 24B.

圖　24B
Fig. 24B.

第二十五式　左圈左蹬腿（一）

動作說明：承上式，左足在原位不動，右足向左下方踢出，身形轉向左前方，右刁手仍放左肩前，左刁手向後下方刁落，目注左方，如圖25A。

Posture 25 – Revolving the Left Hand and Kicking with the Left Foot (1)

Movements: Following the preceding posture, keep the left foot in the original position and snap the right one out to the lower left. Turn the body to the left front. Keeping the right claw-shaped hand in front of the left shoulder, slide the left one down to the lower backside, looking to the left, as in Fig. 25A.

圖　25A

Fig. 25A.

第二十五式　左圈左蹬腿（二）

動作說明：承上勢，右足落回地面，左足提起然後向左上方蹬出，左手化刁手成拳，由後下方圈上左上方，右手化刁手成掌，按於左腕上，目注左拳，如圖25B。

Posture 25 – Revolving the Left Hand and Kicking with the Left Foot (2)

Movements: Following the preceding step, drop the right foot back on the ground, lift the left one up and then kick out to the upper left. Clench the left fist and revolve it up from the lower backside to the upper left; change the right claw-shaped hand into a flat palm and press it on the left wrist, looking at the left fist, as in Fig. 25B.

圖　25B

Fig. 25B.

第二十六式　登山左崩捶

動作說明：承上式，左足落回地面隨勢往左方進上一步，膝下曲，右腿蹬直成登山式，右手放開左腕化成拳曲肘橫護於胸前，左拳在左上方由外向內劃一圈再向左上方崩落，目注左拳，如圖26。

Posture 26 — Bowing One Leg Forward and Snapping the Left Fist Out

Movements: Following the preceding posture, drop the left foot back on the ground, move it a step forward to the left with the momentum and bend the knee; stretch the right leg to bow the left one forward. Get the right hand off the left wrist, clench the fist, hold it up transversely for protection in front of the chest with the elbow bent, revolve the left fist inward from outside on the upper left and snap it down to the upper left, looking at the left fist, as in Fig. 26.

圖 26
Fig. 26.

第二十七式　七星左刁手

動作說明：承上式，身形後靠，右膝下曲，左腿蹬直，足跟着地，足尖翹起成七星式，右拳回收腰旁，左手化拳成刁手，運腕一圈向後方刁入，目注左刁手，如圖27。

Posture 27 — Squatting with the Tip of the Front Foot Raised and Moving the Left Claw-shaped Hand Out

Movements: Following the preceding posture, lean the body backward. Bend the right knee, stretch the left leg and touch the ground with the left heel by raising the tip of the foot. Draw the right fist back to the side of the waist, change the left one into a claw-shaped hand, turn the wrist in a circle and bend it backward, looking at the left claw-shaped hand, as in Fig. 27.

圖 27
Fig. 27.

第二十八式　七星右補捶

動作說明：承上式，左足掌落回地面乘勢擺向左後方，右足向左方進上一步，足跟着地，足尖翹起成七星式，左手化刁手成掌，曲肘成豎掌勢護於胸前，右拳以直統捶由腰旁向左後方平肩衝出，至半途時與左掌相擊，「噼啪」一響成補捶，目注右拳，如圖28。

Posture 28 — Squatting with the Tip of the Front Foot Raised and Rushing the Right Fist against the Left Palm

Movements: Following the preceding posture, drop the left sole back on the ground, swing it to the left backside with the momentum; move the right foot a step forward to the left and touch the ground with the heel by raising the tip of the foot. Change the left claw-shaped hand into a flat palm, bend the elbow to make the palm upright and place it in front of the chest for protection; rush the right fist facing straight forward from the side of the waist to the left backside at the level of the shoulders and strike it midway against the left palm to make a crack and a supplementary hammering, looking at the right fist, as in Fig. 28.

圖　28
Fgi. 28.

第二十九式　縱跳右劈軋（一）

動作說明：承上式，右足掌落回地面，膝下曲，左足跟略爲離地，身向前俯作預備縱跳之動作，左掌輕拍右拳背，目注雙手，如圖29A。

Posture 29 — Springing Forward and Smashing the Right Fist Down (1)

Movements: Following the preceding posture, drop the right sole back on the ground and bend the knee; lift the left heel up a little from the ground. Lean the body forward, getting ready to spring forward and clap the left palm gently onto the back of the right fist, looking at both hands, as in Fig. 29A.

圖　29 A
Fig. 29A.

第二十九式　縱跳右劈軋（二）

動作說明：承上勢，身形縱躍而起，往左方跳前一步，雙足同時落地，兩足相併，雙膝下曲，身形下沉而前俯，右拳在身旁運一大圈再向左上方劈落，左掌亦在身旁運一大圈而豎放於右肘旁，目注右拳，如圖29B。

Posture 29 — Springing Forward and Smashing the Right Fist Down (2)

Movements: Following the preceding step, spring the body up and jump a step forward to the left. Drop both feet simultaneously back on the ground, bring both of them together, bend both knees, sink the body and lean forward. Revolve the right fist in a large circle beside the body, smash it down to the upper left, revolve the left palm in a large circle beside the body and place it upright beside the right elbow, looking at the right fist, as in Fig. 29B.

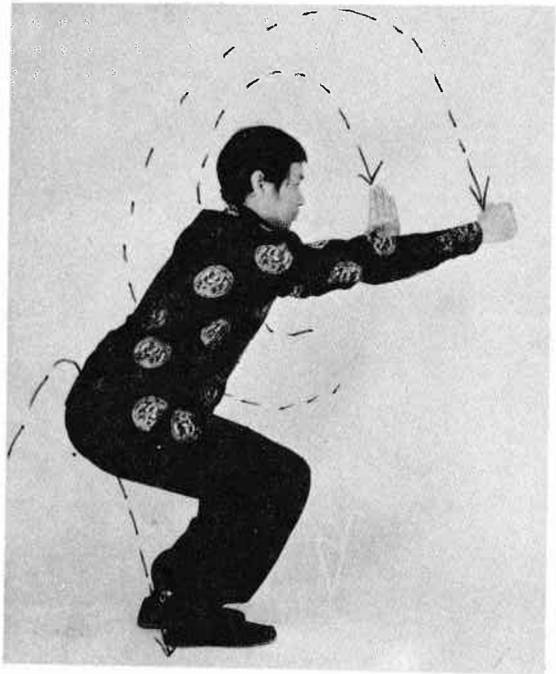


圖　29B
Fig. 29B.

第三十式　縱跳雙封手（一）

動作說明：承上式，雙足合併，身形直立，左手化掌成拳，回收腰旁，右臂前伸，右手由內向外翻腕成扣手勢，目注右手，如圖30A。

Posture 30 — Standing on Only One Leg and Blocking the Attack with Both Hands (1)

Movements: Following the preceding posture, bring both feet together and stand upright. Clench the left fist, draw it back to the side of the waist, stretch the right arm forward and turn the wrist outward from inside to make the hand a smashing hand, looking at the right hand, as in Fig. 30A.

圖　30A
Fig. 30A.

第三十式　縱跳雙封手（二）

動作說明：承上勢，左足在原位不動，右足提起，膝尖向前，足尖向下成獨立式，右扣手成拳向身旁下拉，左手化拳成扣手，由腰旁向左上方伸舉然後扣回，目注左扣手，如圖30B。

Posture 30 – Standing on Only One Leg and Blocking the Attack with Both Hands (2)

Movements: Following the preceding step, keep the left foot in the original position and lift the right one up with the knee pointing forward and the tip of the foot pointing downward so as to stand on only the left leg. Clench the right fist and pull it down to beside the body; unclench the left fist into a smashing hand, stretch it out from the side of the waist to the upper left and then smashing it back, looking at the left smashing hand, as in Fig. 30B.

圖　30B
Fig. 30B.

第三十一式　繞掌右滾膀（一）

動作說明：承上式，雙足動作不變，仍成獨立式，右拳貼於肩前，以肘尖橫向左上方，左手成掌，貼於右肘，目注右肘尖，如圖31A。

Posture 31 – Revolving One Palm and Sweeping the Right Arm Out with the Left Hand (1)

Movements: Following the preceding posture, keeping the gestures of both feet unchanged and standing on only the left leg, put the right fist close to the front of the shoulder and direct the tip of the elbow transversely to the upper left; change the left hand into a flat palm and place it close to the right elbow, looking at the tip of the right elbow, as in Fig. 31A.

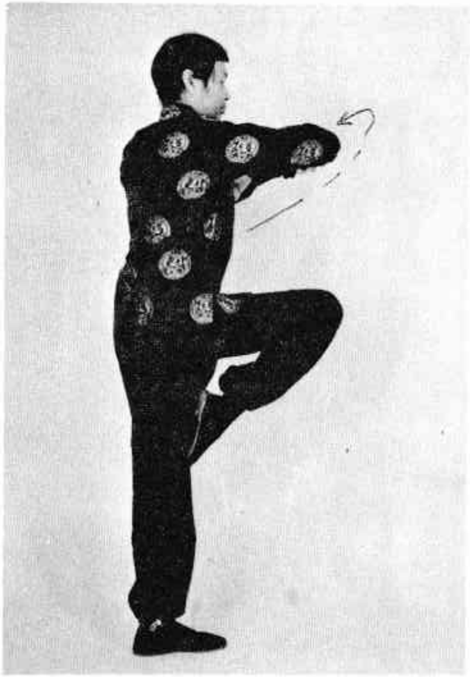


圖　31A
Fig. 31A.

第三十一式　繞掌右滾膀（二）

動作說明：承上式，雙足動作不變，仍成獨立式，右手化拳成掌向前方伸出再成弧形向左方殺回，左手輕握右腕，目注左方，如圖31B。

Posture 31 — Revolving One Palm and Sweeping the Right Arm Out with the Left Hand (2)

Movements: Following the preceding step, keeping the gestures of both feet unchanged and standing on only the left leg, unclench the right fist into a flat palm, stretch it out to the front, smash it back in an arc to the left and hold the right wrist gently with the left palm, looking to the left, as in Fig. 31B.

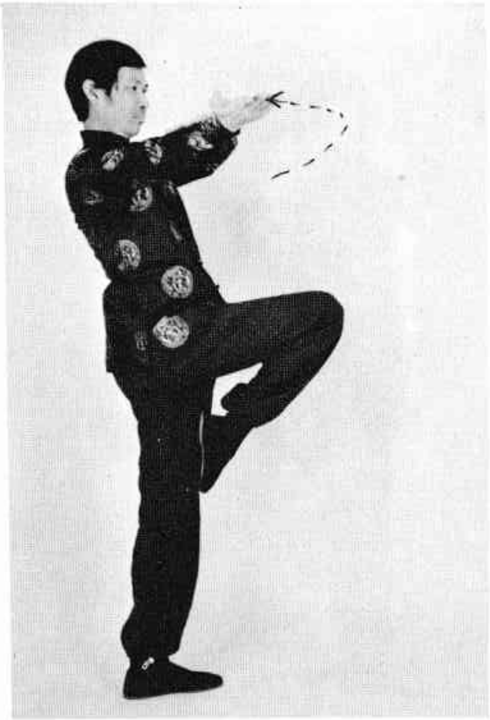


圖　31B
Fig. 31B.

第三十二式　入環右滾膀

動作說明：承上式，右足向左足前落回地面，膝下曲，左膝下跪，足尖着地，足跟翹起成入環式，右手握拳，左手仍輕握右腕在頭上運一圈掃至左方，目注雙手，如圖32。

Posture 32 — Kneeling Down on One Knee and Sweeping the Right Arm Out with the Left Hand

Movements: Following the preceding posture, drop the right foot back onto the ground to front of the left one and bend the knee; kneel down on the left knee and touch the ground with the tip of the foot by raising the heel. Clench the right fist, revolve it in a circle above the head with the left hand still holding the right wrist gently and sweep it to the left, looking at both hands, as in Fig. 32.

圖　32
Fig. 32.

第三十三式　入環左滾膀

動作說明： 承上式，身形經後方轉向右方，左膝下曲；右膝下跪，右足尖着地，足跟翹起成入環式，左手放開右腕握成拳，右手輕握左腕，隨身形轉動時掃至右方，目注雙手，如圖33。

Posture 33 — Kneeling Down on One Knee and Sweeping the Left Arm Out with the Right Hand

Movements: Following the preceding posture, turn the body via the backside to the right and bend the left knee; kneel down on the right knee and touch the ground with the tip of the foot by raising the heel. Get the left hand off the right wrist, clench the fist, grasp the left wrist gently with the right hand and sweep it to the right along with the turn of the body, looking at both hands, as in Fig. 33.

圖　33

Fig. 33.

第三十四式　入環右滾膀

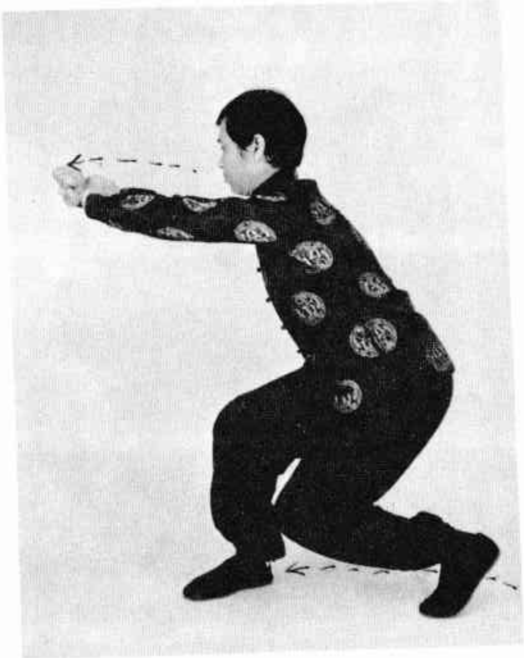
動作說明： 承上式，右足向右方進上一步，右膝下曲；左膝下跪，左足尖着地，足跟翹起成入環式，右手放開左腕化成拳，左手輕握右腕，隨進步勢向右方推出，目注雙手，如圖34。

Posture 34 — Kneeling Down on One Knee and Sweeping the Right Arm Out with the Left Hand

Movements: Following the preceding posture, move the right foot a step forward to the right and bend the right knee; kneel down on the left knee and touch the ground with the tip of the foot by raising the heel. Get the right hand off the left wrist, clench the fist, grasp the right wrist gently with the left hand and push it out to the right along with the forward movement of the foot, looking at both hands, as in Fig. 34.

圖　34

Fig. 34.



第三十五式　騎馬式挑掌（一）

動作說明：承上式，右脚尖向右前方擺出，左脚向前方横開一步，雙膝下曲，身形下沉，成騎馬式，左手放開右腕然後回收至右肘上，右手化拳成掌，向右上方挑起，目注右掌，如圖35A。

Posture 35 — Squatting Half Down as if Riding a Horse and Picking Both Palms up in Turn (1)

Movements: Following the preceding posture, swing the tip of the right foot to the right front; move the left foot a step transversely to the front, bend both knees and sink the body to squat down as if riding a horse. Get the left hand off the right wrist and then draw it back to above the right elbow; unclench the right fist into a flat palm and pick it up to the upper right, looking at the right palm, as in Fig. 35A.

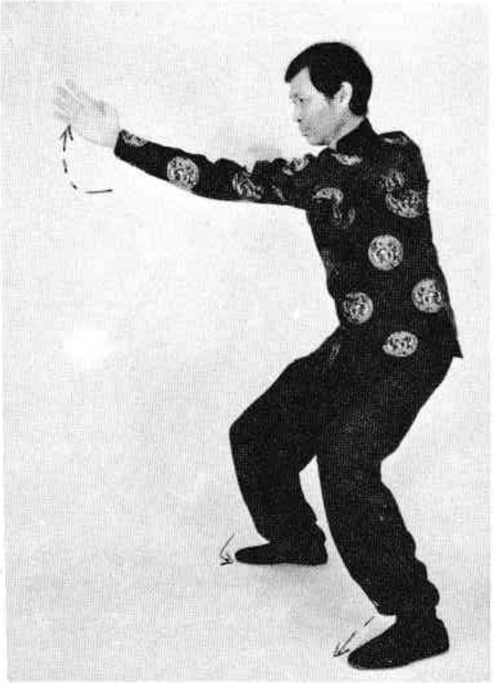


圖　35A
Fig. 35A.

第三十五式　騎馬式挑掌（二）

動作說明：承上勢，雙足不動，仍成騎馬式，右掌沉肘略回收身前，左手成掌由右肘下方向右腕後穿上，雙手腕成交叉勢，目注雙手，如圖35B。

Posture 35 — Squatting Half Down as if Riding a Horse and Picking Both Palms up in Turn (2)

Movements: Following the preceding step, keeping both feet still and squatting half down as if riding a horse, sink the right elbow to draw the palm slightly back to front of the body, make the left hand a flat palm, thread it up from the underside of the right elbow to its backside and cross both wrists, looking at both hands, as in Fig. 35B.

圖　35B
Fig. 35B.

第三十五式　騎馬式挑掌（三）

動作說明：承上勢，雙足不動，仍成騎馬式，右掌回收下沉再由下向右上方穿上，左掌曲肘回收身前，目注右掌，如圖35C。

Posture 35 – Squatting Half Down as if Riding a Horse and Picking Both Palms up in Turn (3)

Movements: Following the preceding step, keeping both feet still and squatting half down as if riding a horse, draw the right palm back, sink it, thread it up from below to the upper right and draw the left one back to front of the body with the elbow bent, looking at the right palm, as in Fig. 35C.

圖　35C

Fig. 35C.

第三十六式　雙覆掌收式（一）

動作說明：承上式，身形浮起，雙足合併，身形直立，朝向右方，雙掌以掌背朝後下垂回收身後，目注右方，如圖36A。

Posture 36 – Turning Both Palms Downward and Concluding the Series (1)

Movements: Following the preceding posture, raise the body, bring both feet together and stand upright, facing the right. Droop both palms down with their backs facing backward and draw them back to behind the body, looking to the right, as in Fig. 36A.

圖　36A

Fig. 36A.

第三十六式　雙覆掌收式（二）

動作說明：承上勢，雙足不動，仍成直立式，雙掌由身後回升至耳旁然後向肩前按落，兩掌尖斜斜相對，目注右方，如圖36B。

Posture 36 – Turning Both Palms Downward and Concluding the Series (2)

Movements: Following the preceding step, keeping both feet still and standing upright, lift both palms up from behind the body to the sides of the ears and then press them down to front of the shoulders with the fingertips of both palms facing each other slantingly, looking to the right, as in Fig. 36B.

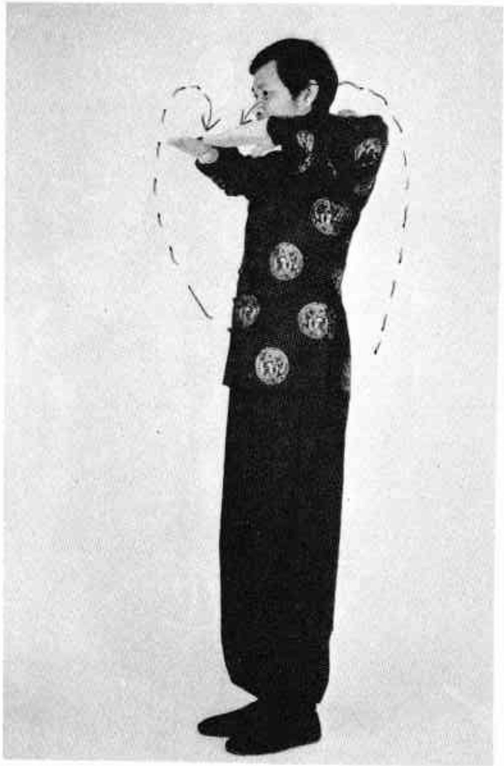


圖　36B

Fig. 36B.

第三十六式　雙覆掌收式（三）

動作說明：承上勢，雙足不動，仍成直立式，雙掌由肩前覆掌向下按落，雙手下垂於大腿旁，目注右方，如圖36C。

Posture 36 – Turning Both Palms Downward and Concluding the Series (3)

Movements: Following the preceding step, keeping both feet still and standing upright, turn both palms over from front of the shoulders, press them down and droop them down beside the thighs, looking to the right, as in Fig. 36C.

圖　36C

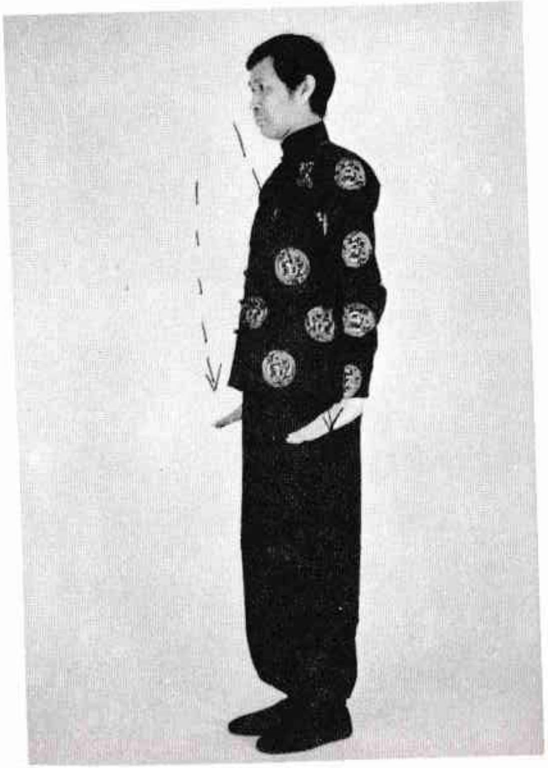



Fig. 36C.